FROM *NEW YORK TIMES* BEST-SELLING AUTHOR OF THE DOT

START with a dot

A JOURNAL for MAKING YOUR

20% OFF COVER PRICE

PETER H. REYNOLDS

START with a dot

PETER H. REYNOLDS · ABRAMS NOTERIE · NEW YORK

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This Journal belongs to...

Bella

IF YOU CAN MAKE
A DOT, THEN YOU'RE
READY TO BE TAKEN
ON A CREATIVE JOURNEY.

Every journey begins with
a first step... or a single dot.

This journal will encourage you
to KEEP GOING, to let
your creativity flow
to see things in a new way,
to nudge you to be
a bit braver, and to
inspire You to EXPRESS
more "You" and share it
with the world.

Relax.

Don't worry about getting it "right."
The quest for perfection
often can squelch your efforts.

PERFECT-ISH
IS PERFECTLY FINE.

.....

I'll be encouraging you
to sign your name.

BE PROUD OF YOUR MARKS.
Own them.
It'll drive you forward!

DREAM. VISION. FLOW.

Making marks will help
you detatch from reality,
loosen up, see new possibilities.
When you're in flow
you'll have one foot
on the ground and
one in the
dream World.

—Peter

DOT-MAKING TOOLS

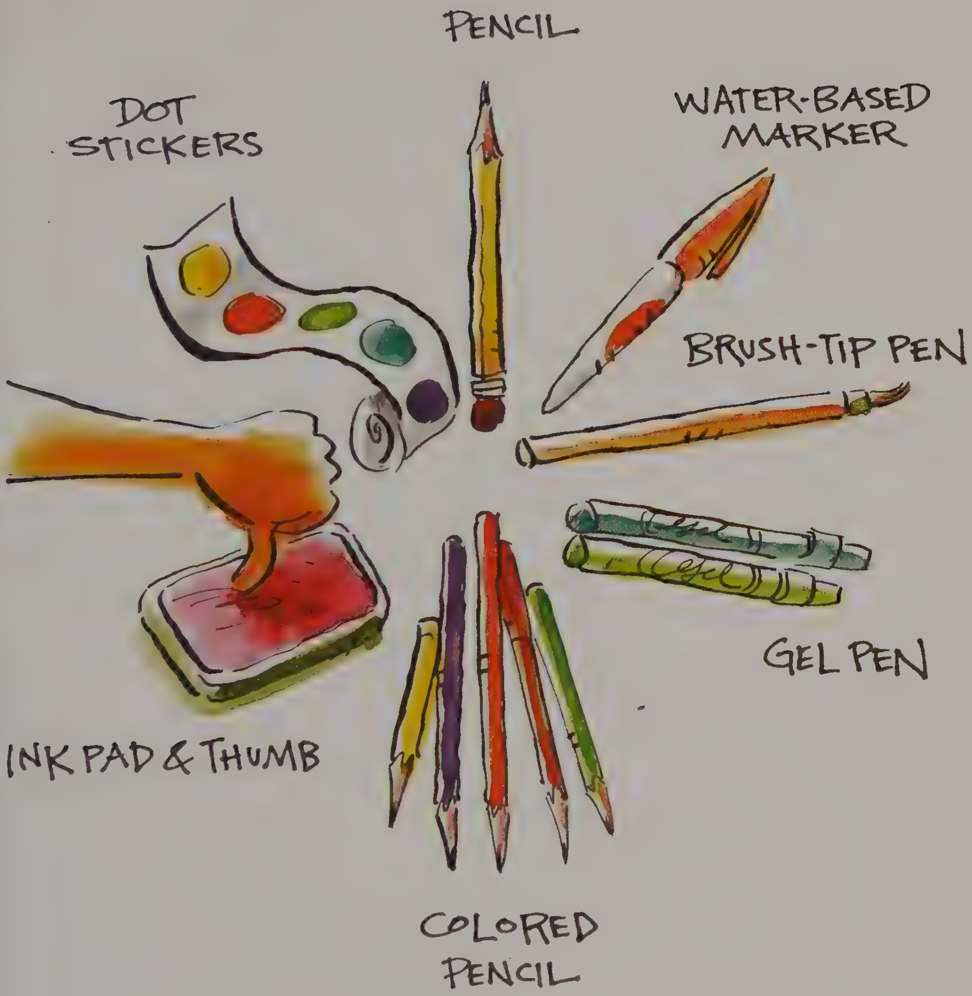
How you decide to make your marks is totally up to

YOU —

but I encourage you to try out different tools.

EXPERIMENT! PLAY!

HAVE FUN!



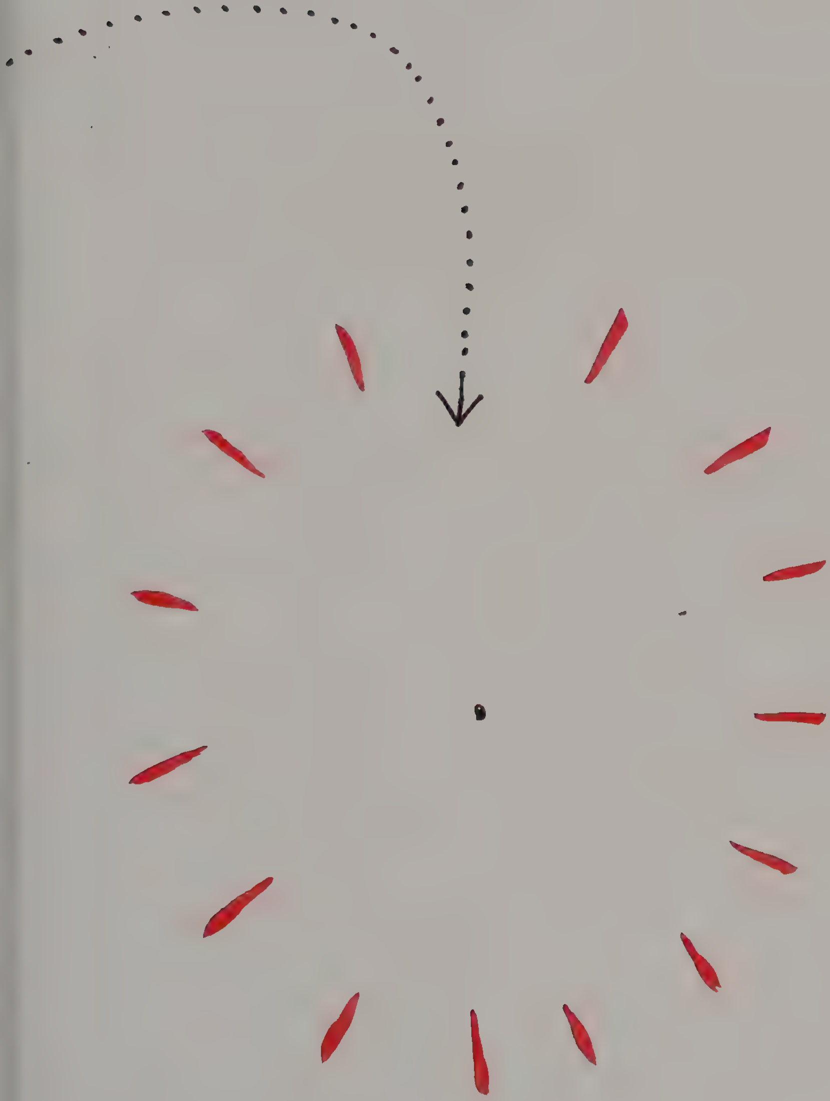
For best results, use WATER-BASED markers — permanent markers, like sharpies will bleed through the paper.

(UNLESS, OF COURSE YOU LIKE THAT EFFECT!)

Start with
a
DOT.

GO AHEAD.

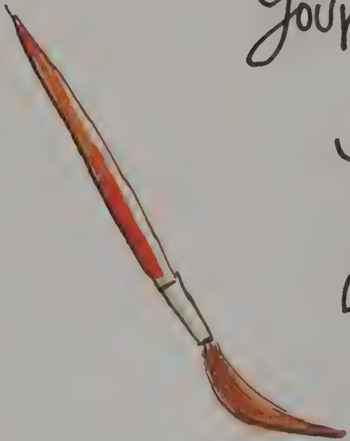
Just a dot.



That was easy, yes?

NOW...

MAKE ANOTHER DOT.

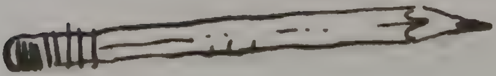


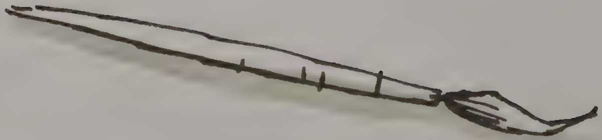
Your swirly gold frame awaits...

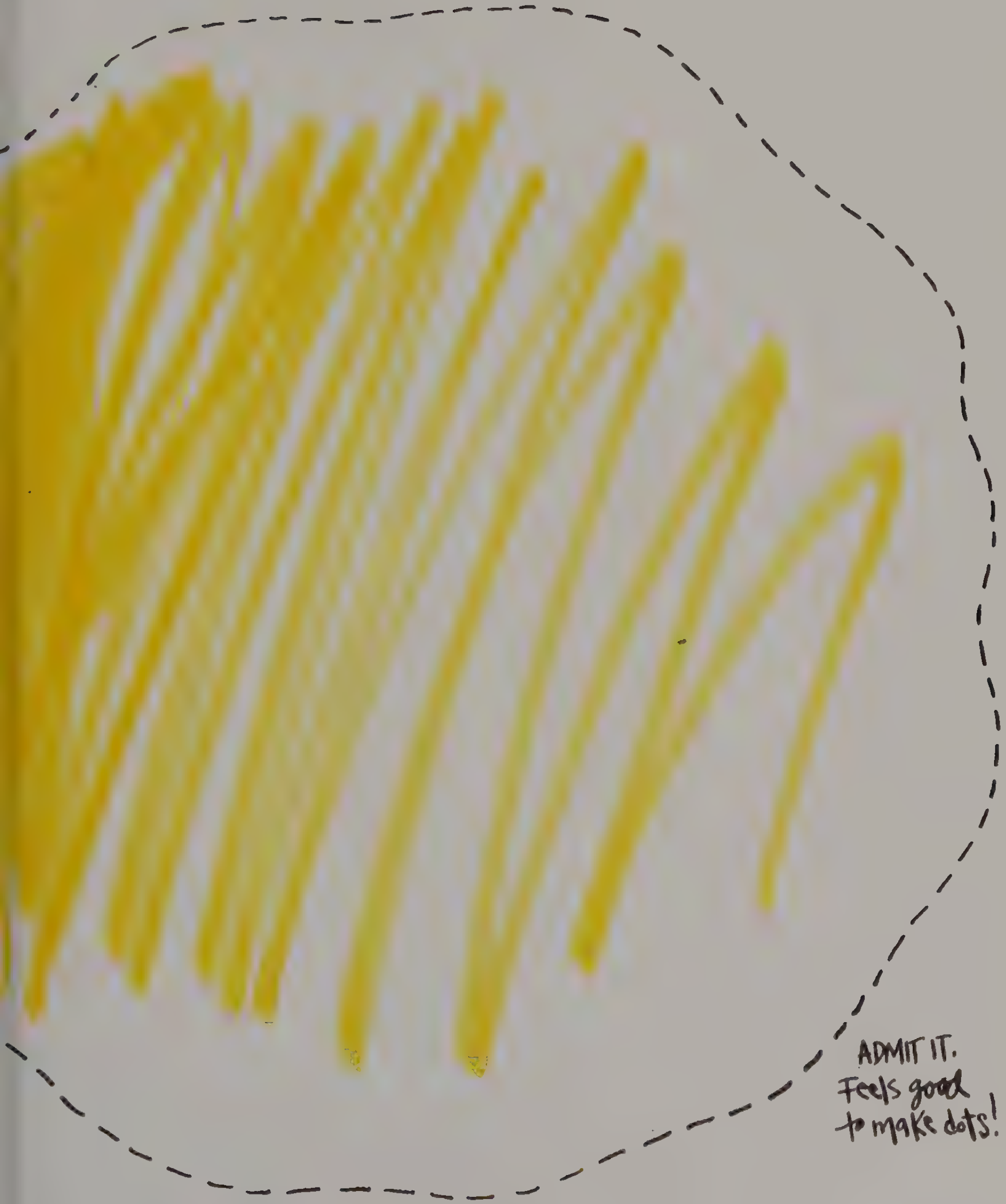
Now-sign it!

Now

Make a
BIG
dot.
ANY COLOR



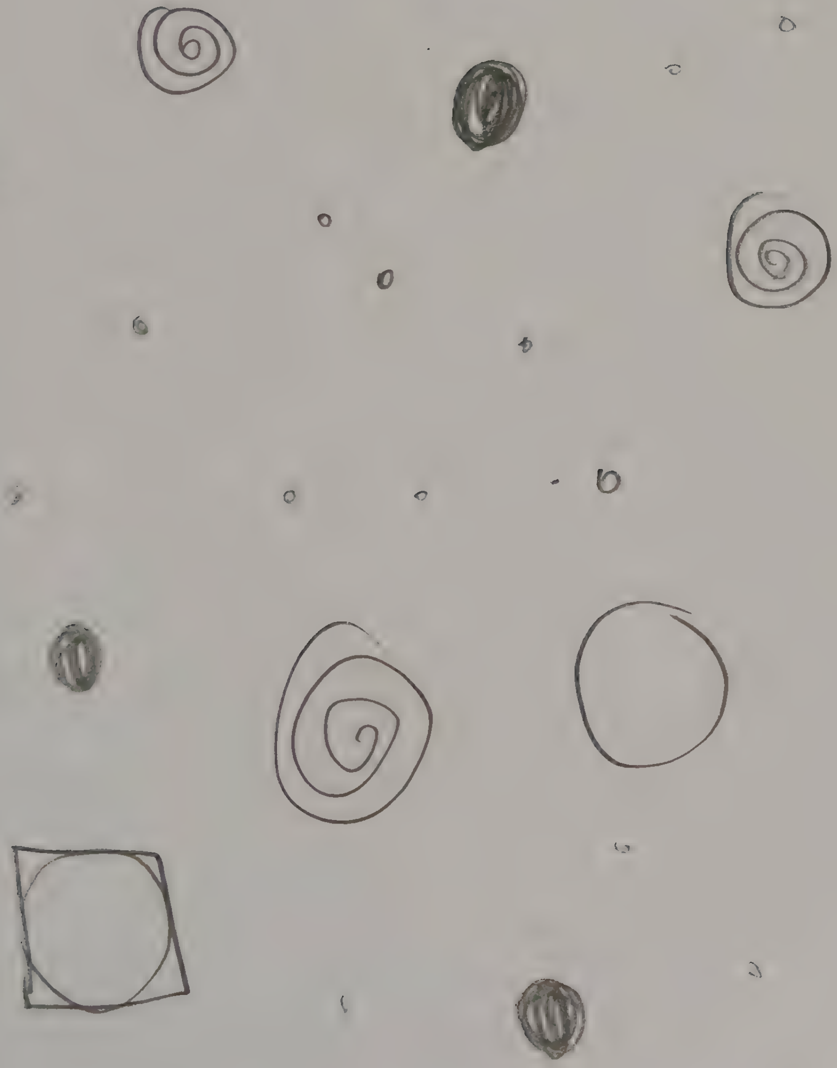




ADMIT IT.
Feels good
to make dots!

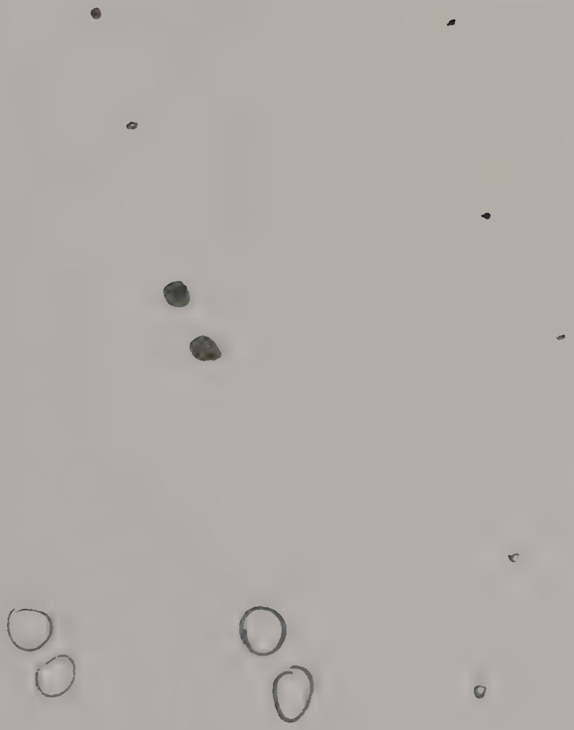
Making a dot is

EASY,
FUN,
QUICK
and
SATISFYING.



Just like us,
no two dots are
EXACTLY
the
SAME.

Just **TRY** to make
two IDENTICAL DOTS!



Fill these pages with

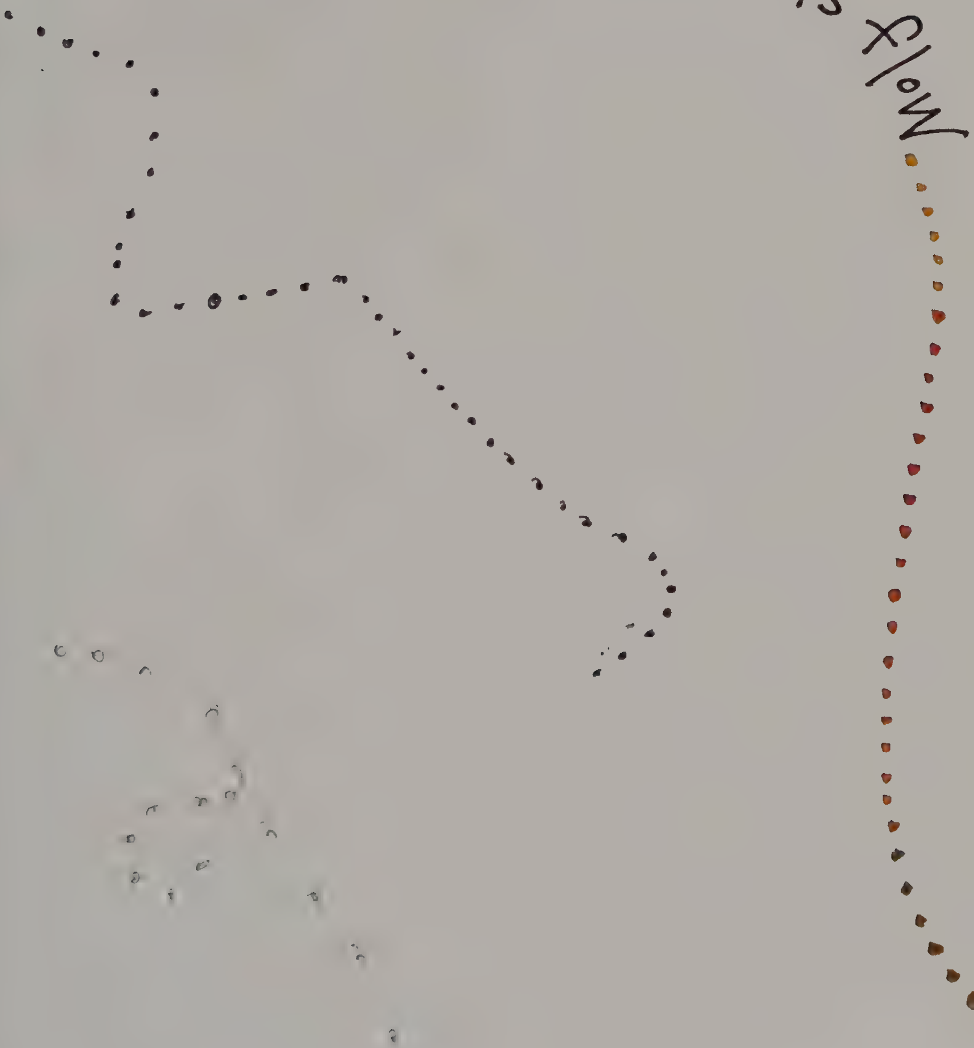
dots of many colors...

KEEP GOING!

Fill this page
with lots of dots!

ANY SIZE, ANY COLOR!

Just let your dots flow



all
colors
are
beautiful.

But try to choose your favorite color
and make a BUNCH of dots in that LUCKY color.

dot... dot... dot.

Now...

look at the dots you've made...

ARE YOUR DOTS...

ORDERLY DOTS?

Scatterly dots?

BIG DOTS?

BOLD DOTS

TEENY-WEENY DOTS?

Same size-ish dots?

Why not try making a dot

A FURRY DOT.

A delicate dot.

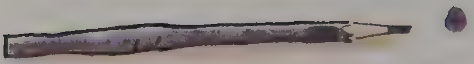
ou haven't made yet?

A cross-hatch dot.

A swirl of dots.

Go ahead...

make more dots.



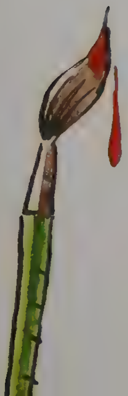
Need a dot nudge?
TRY A COLORED
PENCIL.

How about an ink pad? Use your thumb or fingers to make a dot-ish dot!

REMEMBER: NO RULES. HAVE FUN. GET MESSY.

More Pages for...

more dots!



DOTS

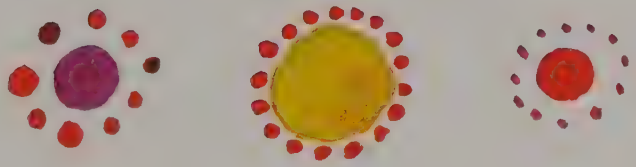
can be designs.

TRY DRAWING A DOT *with* DOTS.

DOTS WITHIN DOTS.

TRY MIXING UP COLORS

Dots surrounded by dots.



Dotted lines spiraling around and around.

Fill these pages with your own designs...

Remember: This is *your* journal. No rules but yours.

Mindful Marks

CLOSE

your eyes and make as many dots as you have been alive.

You can turn your dots into things
with a few extra lines...

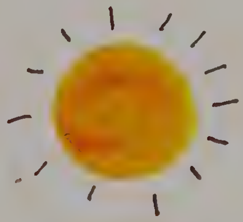
TREE-ISH

LOLLIPOP-ISH

ICE CREAM-ISH

PIZZA-ISH

WHEEL-ISH



SUN-ISH

BUTTON-ISH

FACE-ISH

PLATE-ISH

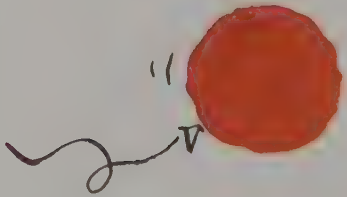
Now, make some dot-ish things...

WITH YOUR CREATIVITY...

Dots with wings

become birds.

Dots with strings



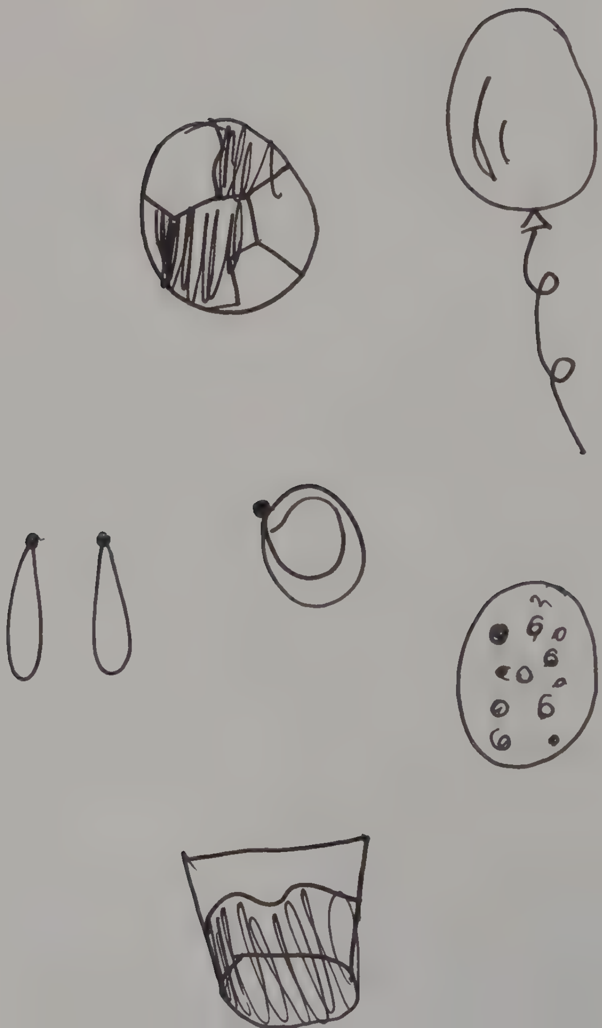
become balloons.

DOTS CAN BECOME...

rings.

and kings.

Make some dots and turn them into anything that springs to mind...



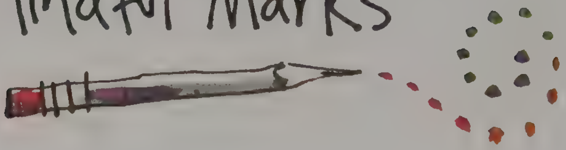
More space for doodles on dots

Just make
a mark and
see where
it takes
you...

Be kind to your art.

Your marks have feelings, too.

Mindful Marks



How are you feeling today?

MAKE DOTS TO MATCH YOUR ENERGY.

Draw a dot that captures the spirit of each word.

FUZZY ↘

PULSING ←

SOLID ↗

Use color, texture, and gesture to get the feelings across.

SQUISHY ↙

EXPLOSIVE ←

SAD →

Make more dots
with different characteristics...

TRY DIFFERENT TOOLS: PENCIL, CHINA MARKER, PAINT BRUSH, COLOR MARKER.

Fill these dots
with your favorite words.

A dot can be a start of a face.

FLIRTY
ANNOYED
THOUGHTFUL
SILLY
SHY
SLEEPY
EMBARASSED

YOUR TURN!

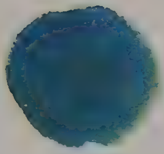
Add lines to make faces.

Add a hat.
Try horns!
Add a beard.

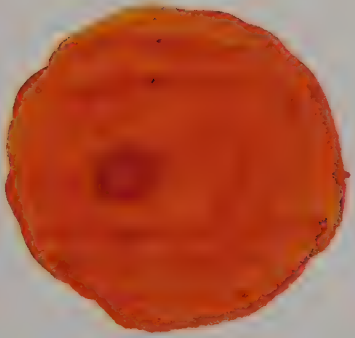
Now create your own dots

and make faces.

dots can be planets



and stars.



Use this space to create your

own imaginary dot universe.

Dots can become clocks.

What time did you wake up today?

Your favorite time of day?

What time were you born?
What time is it right now?

Mindful Marks

Forget about clock-time.

Put on some music.

Let the beat inspire you.

Let your dots dance across the page...

Now take a dot for a walk.

Draw a line. Start here.

(End whereever you want!)

Be sure to sign your name.

Fill this page with lines

- short, long, c o n t i n u o u s.

IT'S UP TO YOU! LET IT FLOW...

Take a look back
at your lines.

Are they...

- ☐ Thin?
- ☐ Thick?
- ☐ Horizontal?
- ☐ Vertical?
- ☐ Squiggly?
- ☐ Short?
- ☐ long?
- ☐ Wild?

Try a line you haven't tried yet.

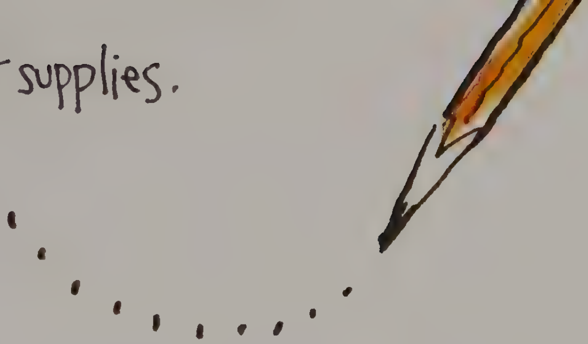
Mix it up! HAVE FUN!

Let your line take you places.

Lines on lines
make cross-hatching.
GIVE IT A TRY.

Try drawing lines

with different art supplies.



LINE. LINE. EVERYWHERE A LINE.

Choose your favorite
pen, marker, or pencil
and FILL these pages.

Try one swirling, meandering continuous line.

START HERE

↘

↑

END HERE

Mindful Marks

So, how's your day going?
Let your hand make the line it wants to make.

Your lines here

Draw a line that suits each word.

Quiet

Hysterical

Joyful

Confused

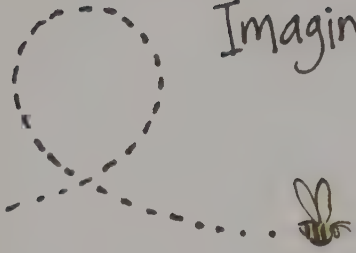
Try new colors & art tools.

Headstrong

Timid

SwiRly

Excited



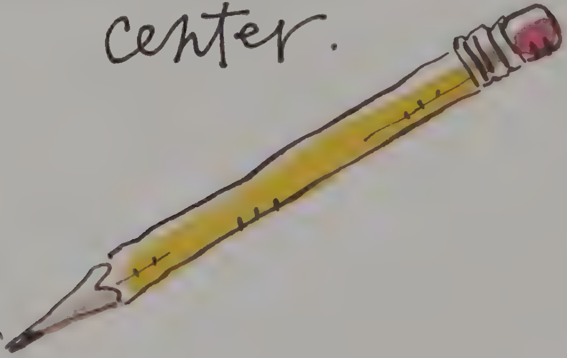
Imagine your line is the path

of a bee flying in the field.

Mindful Marks

. . . .

Take a deep breath...
Exhale and drag your pencil
around and around in a circle.
but keep your eye on the
center.



Free space! Do your own thing!

What would you like to see here?

These pages need your creativity!

Draw waves...

Draw Zig-Zags...

Which matches your state of mind right now?

You can start
small.

You can
keep going.

You can be
a bit braver
each day.

You can
DREAM BIG.

Trace your hand
with a continuous line.

Write five things important to you
on each finger.

Draw a cup or a mug with one continuous line...

Find another common object and draw it without picking up your pen.

Choose another object and keep your eyes on it as you draw- no looking at the page.

(This is called a blind contour drawing.)

Now draw blind. Shut your eyes and draw the object one more time.

Don't worry about getting it "right" or making it "perfect."

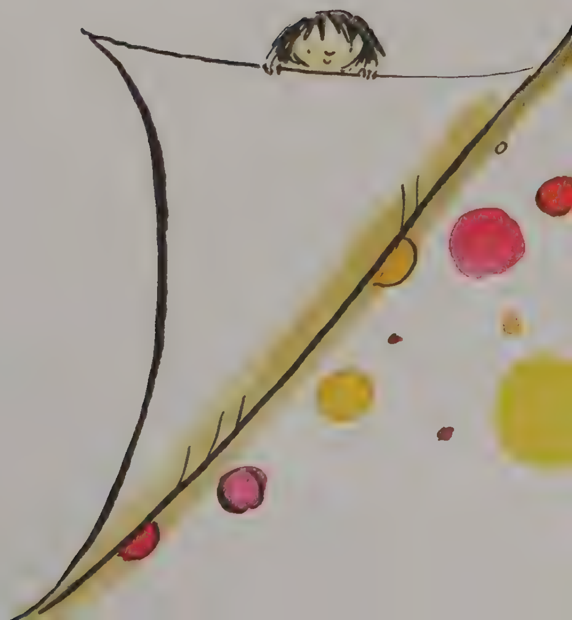
Creativity isn't always pretty.

Just let it
flow
and it will
be your version
of
PERFECT-ISH.

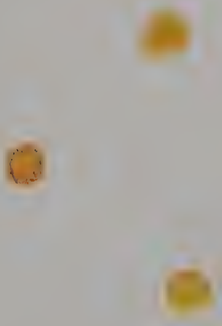
Get messy. Cut loose.

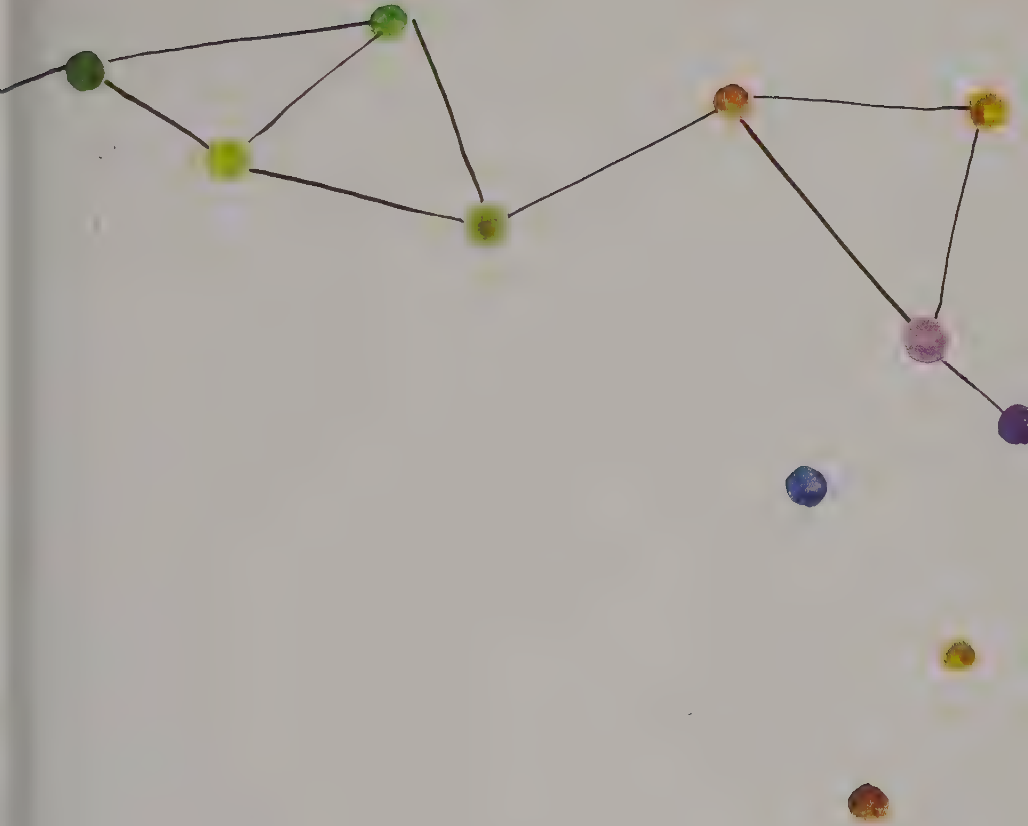
So We All Love Lines

But don't you miss those dots?



Draw lots of dots and connect them with lines.





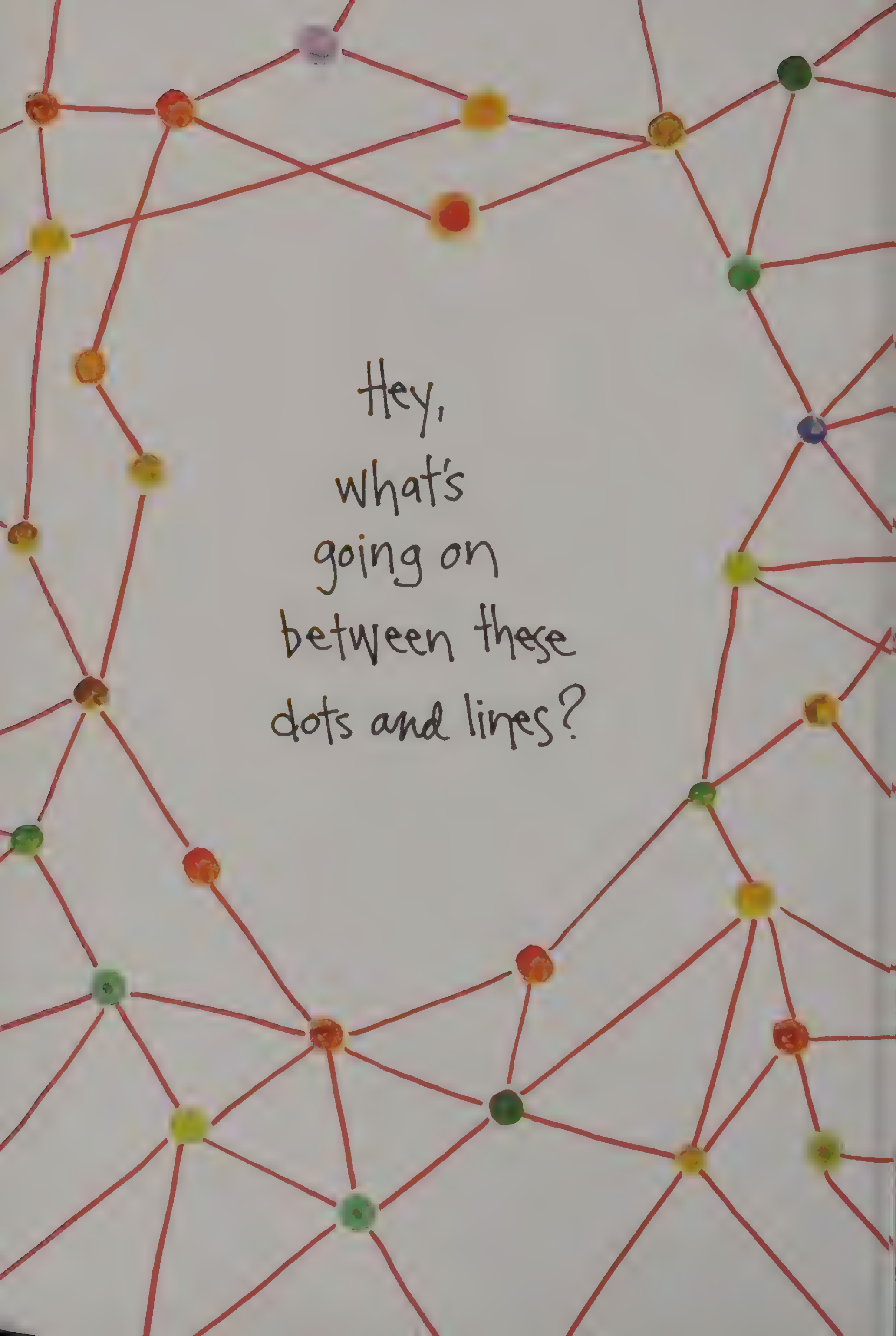
THEY DON'T HAVE TO BE STRAIGHT LINES

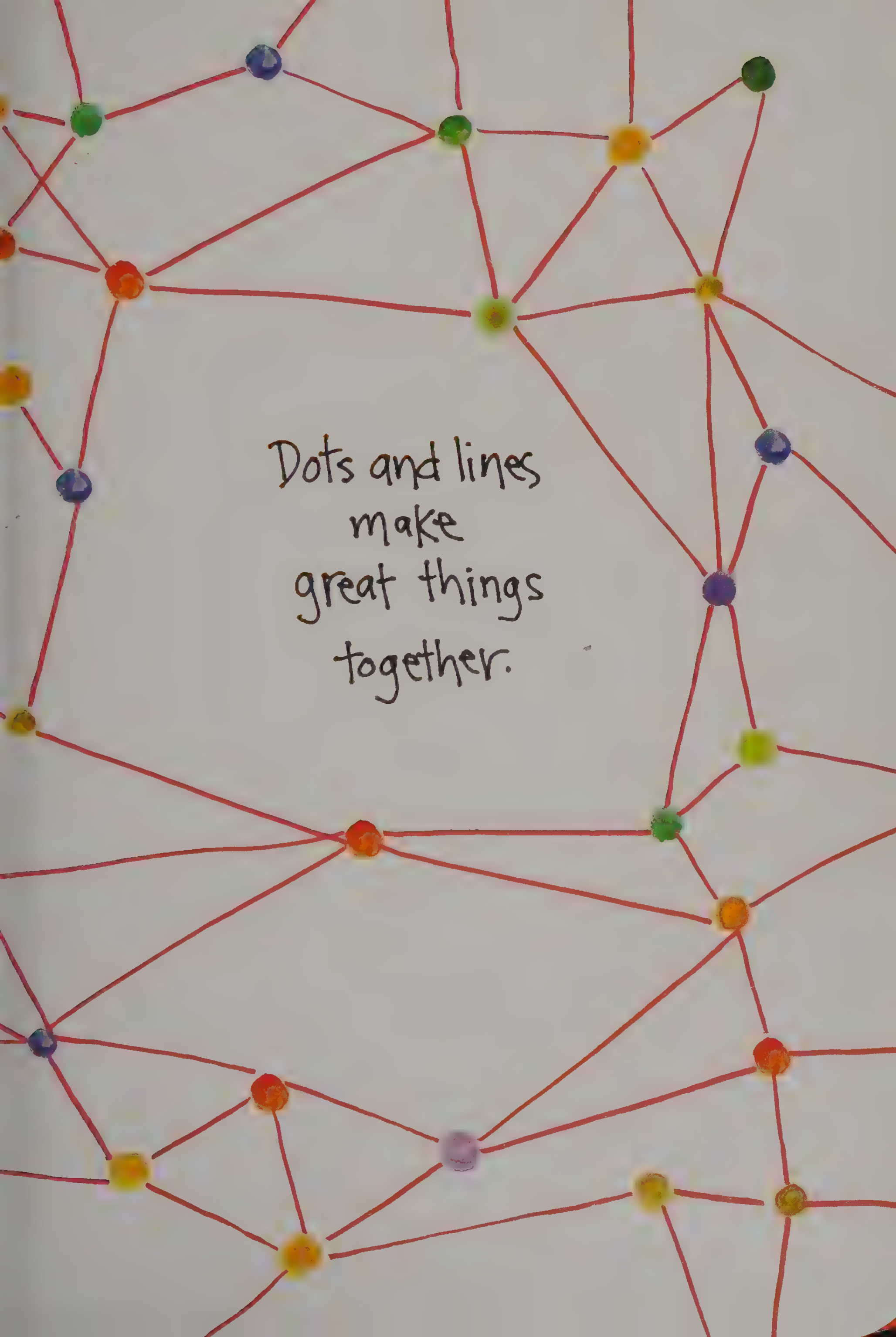
Fill these pages with dots and lines.

Lines and dots...

DOTS . . . .

and LINES.


Hey,
what's
going on
between these
dots and lines?



Dots and lines
make
great things
together.

Choose three colors.

○ = dots
○ = lines
○ = fills

Now... let your dots,
lines, and fills flow!

Try this again
with different colors
and different
size dots.

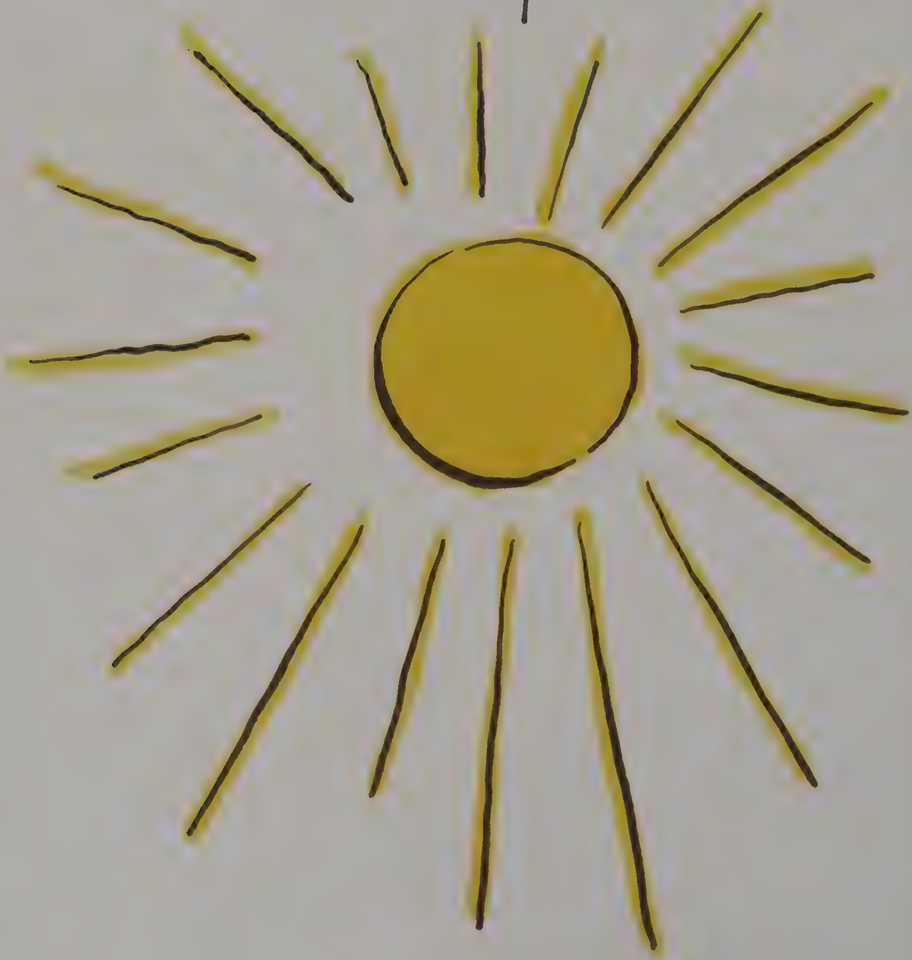
Fill these pages with your creativity!

Now fill these dots with lines, dashes, stripes, checkerboards, or zigzags!

Or whatever marks you are inspired to make!

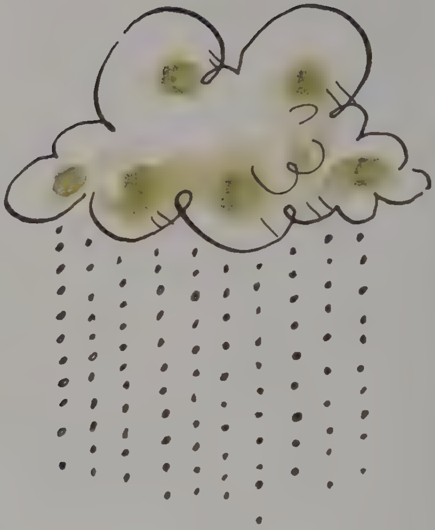
Do it again with different colors and patterns. Dots and lines offer endless possibilities.

A sun is
a dot with lines
for rays.



A moon is
a dot filled
differently
each
day.

When it rains,
the clouds drop dots!



Fill these pages with your ow

When it pours—
the clouds drop lines!

clouds, dot drops, pouring lines.

Look around you.

What else can you draw with dots and lines?

Close your eyes and fill these pages with dots.

Try connecting them to spell your name.

Play with your name.
Draw it. Try it in block letters.

Imbue your name with different

BOMBASTIC

DRAMATIC

Romantic

MANIC

personalities each time you write it.

Bubbly

Flowery

JAGGED

STRONG

Fill these pages with your dots, lines, and, your nan

GO NUTS! GO WILD! Let it flow!!

Imagine that your dreams, your goals, your hopes were DOTS.

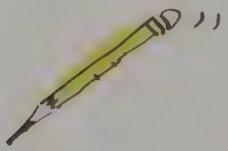
MAKE A DOT FOR EACH AND LABEL THEM.

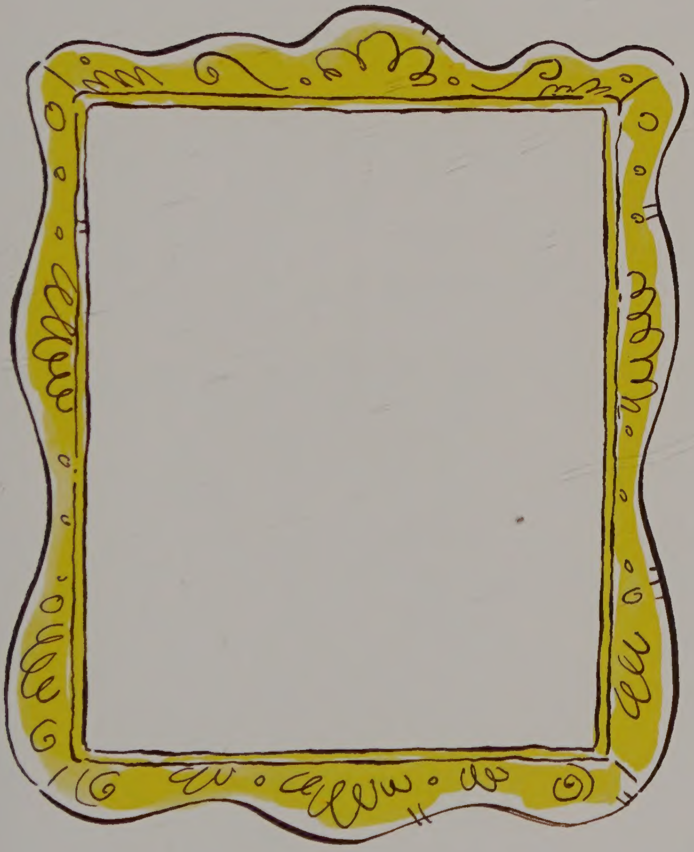
For your BIG dreams - make BIG DOTS!

Now...

Ask someone else to draw a dot in this frame and...

SIGN IT!





Add one last
DOT.
(for now)

(and sign it!)

The End-*ish*!

IF YOU CAN MAKE
A DOT, THEN YOU'RE
READY TO BE TAKEN
ON A CREATIVE JOURNEY.

WHETHER YOU'RE A
TIMID BEGINNER NEEDING
A GENTLE NUDGE OR A
SEASONED PRO WHO NEEDS
A CREATIVE JOLT TO KEEP FRESH
AND RECHARGE —

THIS JOURNAL IS FOR YOU.

— Peter

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